

Weight and Body Fat Standards

LT J. Dion Couch
CG-1331

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

Alternative body fat measurements discontinued. DoD has stated that no alternative body fat measurements (i.e. calipers instead of taping measurements) are authorized. Low cost methods such as calipers are inconsistent. Accurate alternative methods are expensive; allowing the use is unfair to junior personnel who may not be able to afford the cost. In the past, the Coast Guard has allowed members to submit requests for alternative body fat measurements which would be approved for one semi-annual weigh in only. To allow reasonable time to reach compliance for members who were repeatedly approved for alternative body fat measurements, members who were previously authorized alternative body fat measurements will be allowed to continue to submit waiver requests until September 30, 2012. No waivers may be requested or approved after April 2013.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

Probation periods will now begin immediately. Previously, members were referred to medical to determine if weight loss is safe. The evaluation was required to be completed within 30 days of the weigh in. The probation didn't begin until after the evaluation. Medical has indicated that there is no need to delay the probation start date. The medical evaluation will still be completed, but probation will now begin as soon as a member is found to be non-compliant.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program Manual - Changes

Increased guidance for resident training courses. The new manual now lists specific courses that require compliance prior to attending. C schools have been removed from the list due to the need for members to complete pipeline training. Students found non-compliant at the point of graduation (those who have gained weight while in school) may now complete training but certification, advancement, qualification and payment of bonus would be held until member is compliant

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

Physical fitness requirements removed. All physical fitness requirements were removed from the Weight Manual and are expected to be included in the new Health Promotions Manual. ALCOAST 398/12 maintains policy that a Personal Fitness Plan (CG-6049) be completed and members must continue to follow the guidance of their UHPC until new guidance is published.

PCS departure weigh-in. Members must now be measured 30 days prior to any PCS departure. Previously, the requirement was that CG PSC be notified prior to PCS departure if a member was on probation. No special weigh in was required. Despite this requirement, some non-compliant members have reported to new units and were then immediately separated. The new requirement to measure members before a move occurs will conserve government funds

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

Changed Commanding Officer's ability to authorize an abeyance in the middle of probation for up to 30 days. CO's instead will now have the option to extend the end of the probation by 30 days. The abeyance was previously allowed for any reason the CO felt a member may need additional time in the middle of the probation. It was often given for illness or injury. Granted an abeyance at the time of the injury/illness was a guess at how the situation would impact the member's ability to lose weight. Allowing an extension at the end of the probation allows command flexibility to consider how much effort of the member demonstrated in order to try come into compliance while at the same time they can also consider any extenuating circumstances.

Change to attire for weigh-in. Added the option to weigh-in wearing authorized organizational attire (i.e. flight suit, business suit, coveralls). The alternative options increase convenience to the member and minimize mission impact.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

BMI screening weights and maximum body fat percentages. BMI screening weights and new maximum body fat percentages were implemented in October 2009 and have been announced in annual ALCOASTs. Minimum weights have been added to the manual for medical and accession use. All wrist measurements have been removed as BMI is based only on height. There is no change to the screening weights or to the maximum body fat percentages previously announced.

Revised body fat assessment procedures. Tension tape must be used for all body fat measurements; this requirement was previously announced in an ALCOAST. Three separate sets of measurements are now required for any determination of body fat to improve the consistency of the taping method. If the three measurements are within 1” of each other, the LOWEST of the three is to be used. If not, a 4th measurement is taken and an average of the LOWEST three is to be used.

CG PSC-PSD listed as authorizing official for abeyance and exception requests. Change was announced in ALCOAST 119/11.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

Pregnancy and Semiannual Weigh-Ins. Members who request exemption due to pregnancy should complete a CG-6050 and have verified by medical. Members with verified CG-6050 are not required to step on a scale. However, members with a post-birth/termination exemption will be weighed and data should be entered into DA per 5.B.2. Members under these exemptions are still considered in compliance.

Reservist Restrictions. Reservists should not be ordered to active duty if they are not in compliance. They may only complete active duty for training to meet their annual training requirement. Long term orders are not authorized.

Minimum BMI. A minimum BMI has been added. This is mainly for accession reasons, however if you have a member that does not meet the minimum, a command medical referral should be completed for primary care management. No further administrative action is required.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Weight & Body Fat Standards Program

Manual - Changes

Strikes. The policy to separate members with three non-compliant semi-annual weigh-ins (strikes) was announced in a 2009 ALCOAST. Before the 2009 ALCOAST, separations only were required for failure to successfully complete a probation, exceeding maximum screening weight by more than 35 lbs and maximum body fat by more than 8%, and 3 probations within a 14 month period. The 3 probations could be a result of any failed weigh-in, including semi-annual, resident training schools and command directed. The strikes were added as a new tracking method because some members had very long repeated probation periods and would not reach three separate probations in 14 months. The 14 month rule remains to capture repeated probations of short lengths. The intention of both the 3-strike and the 14 month rule is to prevent a pattern of non-compliance.

Reminder: A strike is ONLY a semiannual weigh-in and is ONLY a counter. 3 strikes in a row and you will be processed for separation. OCT/APR/OCT or APR/OCT/APR.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Truly a Team Effort

- Health Promotions Managers
- Unit Health Promotions Coordinators
- Medical Professionals
- Unit Administrative Staffs
- Command Support
- MEMBER

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Statistics

1. Over the past 3 years an average of 110 enlisted personnel per year were separated due to non-compliance.
2. Over the same period a total of 16 officers were separated.
3. Last year over 170 tdy orders were canceled at TQC due to weight non-compliance.

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Our Challenge

- Change culture

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division



Questions?

- For helpful hints, FAQ's and sample “best practices”, go to:

<http://www.uscg.mil/hq/cg1/cg133/PolicyStandards/weight/revision/default.asp>

Assistant Commandant for Human Resources

Office of Military Personnel, Policy & Standards Division

